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INFORMATION,  
PREVENTION AND  
TREATMENT REFERRALS, AND  
OTHER RESOURCES ARE  
AVAILABLE 24 HOURS A DAY  
FROM THE MASSACHUSETTS  
SUBSTANCE ABUSE  
INFORMATION AND  
EDUCATION HELPLINE/  
THE MEDICAL FOUNDATION.

800-327-5050  
(TOLL-FREE; MULTI-LINGUAL)  
TTY: 617-536-5872  
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION  
AND STATISTICS ARE  
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002  
[www.state.ma.us/dph/bsas](http://www.state.ma.us/dph/bsas)
- Massachusetts Youth Risk Behavior Survey  
[www.doe.mass.edu/hssss/yrbs/01/results.pdf](http://www.doe.mass.edu/hssss/yrbs/01/results.pdf)
- National Center on Addiction and Substance Abuse at Columbia University  
[www.casacolumbia.org](http://www.casacolumbia.org)
- Monitoring the Future, Overview of Key Findings 2002  
[www.monitoringthefuture.org](http://www.monitoringthefuture.org)
- Office of National Drug Control Policy  
[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)
- Parents. The Anti Drug  
[www.theantidrug.com](http://www.theantidrug.com)
- Partnership for a Drug-Free America  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)
- U. S. Department of Health and Human Services  
[www.health.org](http://www.health.org)

*Be the first to* **TALK WITH YOUR PRE-TEEN**  
*about ALCOHOL, TOBACCO, and other DRUGS*

**INFORMATION FOR FAMILIES**

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**WHAT CAN I DO IN MY COMMUNITY?**

There are many ways you can help prevent alcohol or drug use among children in your neighborhood, larger community, and beyond.

- Share this brochure with friends, neighbors, and others.
- Talk with other adults about the dangers of alcohol and other drugs, and your “no-use” rules. Encourage them to talk with their children.
- Learn more about underage drinking and drug use in your community. Contact your parent-teacher organization (PTO), neighborhood association, or police department.
- Help strengthen school policies and programs, and local enforcement of laws prohibiting the selling of alcohol and tobacco to minors. Connect with school administrators, PTOs, and police departments.
- Involve young people in activities and prevention efforts.
- Find out if there are fun activities and safe places for children. Organize neighborhood games, parties, and other fun, alcohol- and drug-free activities.
- Educate others. Organize an essay, poster, slogan, or rap contest.
- Write letters to the editor of local papers and producers of local radio stations. Contact local and state elected officials.
- Form a block association or neighborhood watch. Report possible drug dealing in your neighborhood (you can do this without saying who you are).